

MENTORING SESSION #42

Name of Protégé _____
Name of Mentor _____
Date of Session _____

“Next week there can’t be any crisis. My schedule is already full.” Henry Kissinger

PROFESSIONAL:

Core area of focus: Ministry

Subject: Critical Incident Stress Management (CISM)

Bring to the session: - Documents or training tools related to CISM
- Access the HQ USAF HC website

- 1) Share stories and experiences where CISM skills were effectively used. Discuss the value of CISM.
- 2) Review characteristic signs of traumatizing stress: confusion in thinking, difficulty making decisions, lowered concentration, loss of memory, anger, grief, depression, feeling overwhelmed, physical symptoms, changes in behavior, spiritual negativity, etc.
- 3) Review and discuss the stages of CISM.
- 4) Access the HQ USAF HC website and review the CISM materials found on the Resources/Pastoral Care/Pastoral Care Links/Trauma.

PERSONAL:

Describe a time when you were involved in a critical incident. How did you handle the emotional, physical, and spiritual impact on your life?

NEXT SESSION DATE and TIME: